

7 miles a day

Woman keeps fit by walking

By CORINNE ABATT

Only icy pavements will keep Anna Jingoian of Farmington from her daily seven mile walk.

For more than two years, she has put on her brown and white walking shoes, set out about 7:30 a.m. leaving her troubles behind and, at about 12 minutes a mile, clipped along through the city.

"They call me the walking lady of Farmington," she said, explaining how she began.

"I got depressed (her mother and another relative were ill) and decided walking would be my pills. Those quick strides were miracle medicine. Mrs. Jingoian said she'd like to write a book about her adventures.

She has "regulars" on her route, like the gentleman with a cane who sits in his garage every morning to watch her go by. With a friendly wave and a brief exchange of pleasantries, she continues on her way, knowing there will be many remarks from passing motorists and always a couple of offers for rides.

She laughs, remembering the guy who rolled down his window and said, "There's one woman that's gonna keep her figure."

NOT ONLY HAS she kept it, she has dropped from a size 16 to a size 10 dress, developed calf and thigh muscles that any teen would envy and sports a year-round tan with a healthy, rosy glow.

She turns down all offers for rides, even when carrying her bags of groceries, saying, "No thanks, I'm hiking."

Even on cold, blustery days, she turns them down, cars, trucks, even a taxi driven by an undertaker.

One day while visiting in Wisconsin, she was walking near Loon Lake and a school bus with a load of kids

stopped. The driver remarked that she was walking so fast because she was looking for a bathroom.

Embarrassed while the children burst into laughter, Mrs. Jingoian politely told him she just liked to walk.

Many people cheer her on as she makes her way through town saying things like "good for you" or "Keep it up."

But, the old gentleman who waits for her to come by each morning, she says, "really makes my day."

Mrs. Jingoian, a grandmother and firm believer in healthy living, allows herself one luxury.

"My only bonus is my stop for a doughnut at the shop at Eight Mile and Farmington every morning about 8:30 a.m."

She neither smokes or drinks, sleeps about eight or nine hours a night, watches her diet and gets up at about 5 a.m. to do her housework, before starting her long morning constitutional.

The lady, barely five feet tall, says

she averages seven miles a day. "Rain or shine, every day I walk and I feel better than ever. If I hadn't started walking, I think I might have lost my mind. As long as I can walk, I will."

SHE AND HER husband, Paul, who occasionally walks short distances with her, moved to Farmington from Detroit six years ago. They have a daughter in Livonia, Mrs. Nora Watt, a son Paul in Detroit and a pretty four-year-old granddaughter, Janie.



ANNA JINGOZIAN

Torch drive effort looks good even before fund raising

The 1975 Torch Drive won't kick off until Oct. 14 but early reports "look good," according to Robert Holmes of Farmington Hills, one of the International Brotherhood of Teamsters' (IBT) founders.

Holmes, vice president of the International Brotherhood of Teamsters, is serving as chairman for organized labor in this year's drive.

He held the same post last year as well, representing the officers and rank and file of all unions in IBT activities.

"Labor has always played a strong role in the work of the United Foundation," commented Holmes, pointing out the number of prominent labor leaders who, like himself, were involved in its founding in 1949.

Holmes, who moved to Farmington Hills from Livonia six years ago, is also president of Teamster Joint Council No. 43 and Teamsters Local 337.

Assisted by the permanent UP Labor Participation Committee and UP labor staff representatives,

Holmes will recruit qualified labor leaders for solicitation and consultation positions within the Torch Drive's six chapter campaign units.

He also will be responsible for interpreting the IBT's objectives, services and needs for members of organized labor.

Holmes became the first secretary-treasurer of Local 337 when it was chartered in 1937 and assumed the presidency in 1961. In 1960 he became a trustee of the Teamster Joint Council and was elected its president in 1969.

Holmes also serves as chairman of the Central Conference of Teamsters Warehouse Division and has worked for area and national agreements with various food chains.

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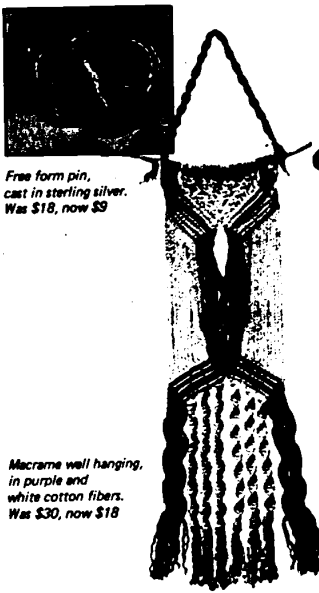


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